

SAFETY SENSE

October 2013

**SOUTH DAKOTA ARMY
NATIONAL GUARD**

FY14, 1st Edition

Prepare for winter or other disasters now

The unusual blizzard that struck the Black Hills early Oct, 2013 was a crippling storm that actually had several days notice. Many people were caught off guard and ill prepared for the conditions even with the warnings that were available.

Many homes, neighborhoods and some towns were left without power for days, and in extreme circumstances up to a week or more.

Tens of thousands of cattle succumbed to exposure brought on by the conditions that typically take place in January thru March. This storm was a not so gentle reminder that we have no control over the conditions that we must endure, and that we must be prepared in the event of such conditions occurring again.

Here is a list of items to place into a survival box. Keep it stocked and in a safe location. Consider having two,

kept in separate locations.

GENERAL SUPPLIES Water (1 gallon per person per day), First Aid Kit (ample, freshly stocked), First Aid Manual (know how to use it), Food (canned or individually packaged & precooked), Infant Food (canned or precooked), Manual can opener, Blankets or sleeping bags for each family member, Critical medication and eyeglasses, Fire Extinguishers (dry chemical, type ABC), Flashlight (spare batteries and bulbs), Watch or clock (battery or spring wound), Dust Masks, Portable Radio with spare batteries, Spare Cash, Duct Tape, Basic Tool Kit

COOKING SUPPLIES Grill (use **OUTSIDE ONLY** – charcoal or sterno), Small Pots & Pans w/utensils, Plastic bags (various sizes), Paper plates, plastic cups and utensils, paper towels

SANITATION SUPPLIES

Large plastic trash bags (for trash, waste, water protection), Ground cloth or tarp, Toiletries (personal hygiene supplies, toilet paper, feminine supplies, soap, etc.), Infant supplies, Chlorine bleach and powdered chlorinated lime (add to sewage to disinfect and keep away insects), Newspapers (wrap waste and garbage)

In the event of such circumstances, these items will be integral to your survival. While some may laugh at the idea, being prepared is the only legitimate means to survive if you are left stranded due to a storm, tornado or other disaster.

Keeping a deck of cards or board games in the kit will not only help the time pass in such an event, but it may help those who suffer from anxiety. And finally, don't forget to keep survival supplies for your pets, as necessary.

Safety and Occupational Health

Office:

MAJ Lori Starr

OHN 737-6613

lori.l.starr.mil@mail.mil

CW4 Lonny Hofer

SOHM/SSO 737-6703

lonald.e.hofer.mil@mail.mil

SFC Bruce Kraemer

OHT/IHT 737-6620

bruce.r.kraemer.mil@mail.mil

SFC Brian Gessner

State Safety NCO

brian.p.gessner.mil@mail.mil

SGT Don Gibbs

Safety Tech 737-6501

donald.d.gibbs2.mil@mail.mil

Safety newsletter makes a change: Introducing Safety Sense

A rose by any other name is still a rose. That concept goes well beyond the visual and aromatic sense of the flower world. Safety is a concept that must be practiced 24/7/365. The change of the name from Drill Bits to Safety Sense was due in part, to the idea that the newsletter merely covered IDT dates (Drill). Safe operations must be practiced at work, whether your full time Guard or M-Day Soldier, at home and everywhere in between.

Many Soldiers in the US ARMY are injured and killed in off duty accidents, non-work related activities, and on the job. "Safety Sense" was suggested by SFC Bruce Kraemer who is the Safety NCO at JFHQ. His theory being that if we have the conscious reminder to make safety a priority each day, not just on drill dates, we make ourselves less apt to have an accident.

If you have a question about safety, an idea for a topic that should be addressed or merely wish to comment on content, please contact SGT Don Gibbs of the State Safety Office.

October is Fire Prevention Month: save your family, home and possessions with a few tips

A fire in the home will not only destroy your possessions but it can take lives. Annually across America, thousands of lives are lost in home fires, while tens of thousands of people are injured with burns, smoke inhalation or other associated trauma. The financial cost of loosing your home, even if insured can be just as destructive, and then there is the emotional costs. Losing a loved one, a pet, many irreplaceable personal items like photos, letters and cards, jewelry or other keepsakes.

The truly sad part is that many of these catastrophic fire are preventable. It would be hard enough to loses a spouse, a parent or a child, but then to know that it was easily prevented may be more than one can take.

Never smoke in or around flammables. While that may sound obvious, many people in the U.S. are injured and homes lost due to smoking carelessly.

Fireplace and wood burning stoves can be an economical means to provide heat to a home, however they require constant supervision, safety precautions and maintenance. Screens and doors should be kept in place, chimneys swept at appropriate intervals and discarding ashes must be done safely while ensuring there are no smoldering embers remaining hidden. Other

sources of portable heat are common causes of home fires. Space heaters used near clutter of other forms of fuel can cause ignition of a fire. If you must use portable heaters ensure they are monitored closely and set well away from any type of fuel, clutter, drapes or furniture.

Whether you use a gas or electric dryer, don't take them for granted. Annually, in excess of 5000 homes are damaged or destroyed by dryer fires. Typically lint builds up beyond the trap, and excess heat will ignite that lint with will burn quickly and very hot, and through radiant conduction, cause other materials to ignite. Clean the lint trap after each use, and clean the vent hose often. Also ensure there are no sharp bends or kinks to facilitate build up of lint and a trap for heat. You may want to consider not operating the dryer if leaving the home unattended.

Practicing fire safety in home is just as important, if not more, than at work. Ensuring your home is fire safe is one aspect, but you must have a plan.

A home fire plan includes having working smoke detectors, testing those detectors and replacing the batteries as needed. Having an escape plan, practicing the escape plan is one of the most important parts of preventing injuries at home. Ensuring everyone in the home knows the plan and can follow it nearly blindfolded will hasten egress from a home, in an emergency and provide for accountability. Each year many people are burned and die by going back into a burning structure to find missing or unaccountable people. Unfortunately, sometimes those thought to be missing were just not where others thought they would be, but were in all actuality outside of the danger area.

It cannot be stressed enough, having a plan, and rehearsing it will make you safer at work and at home.

Check your detectors, and make sure they will wake your children. Make sure they know what to do in the event of an smoke detector activation. Have a meeting place outside the home. Rehearse the plan during the day, then practice it at night or early morning. It is important that you and your family practice this just as you would in a real life emergency. crawl low, in low or no visibility, test doors for heat with the back of your hand. Do not open a door that is hot. Practice going down stairs backwards on hands and knees, or if windows are to be used as primary or back up exits, practice that. During a fire is not the time to find out your plan was missing something.

Fire destroy tens of thousands of homes every year. They don't discriminate, they don't care who you are or what you do: a fire will destroy your home if you give it the chance.



Safety Sense has replaced Drill Bits. The first 5 personnel to E-Mail SGT Gibbs will receive a SDARNG Safety PT Bag. Merely place in the subject line "Safety Sense" and in the body state whether you like, dislike or are ambivalent to the change. Please make any suggestions for topics you think are pertinent..

SOLDIERS LEADERS CIVILIANS FAMILIES



Take 5

Safety Begins at Home

- *Leave three feet of space around space heaters*
- *Check electrical outlets for frayed wires or loose-fitting plugs*
- *Inspect fireplace flues and chimneys for leaks and blockages*
- *Keep a multi-purpose fire extinguisher handy*
- *Lock up medicines and household chemicals*
- *Keep hallways clutter-free and clear of obstacles*



ARMY STRONG



<https://safety.army.mil>

ARMY SAFE
IS ARMY STRONG

